

BAIN 50+ CENTER

February 2022



**5470 Ruth Keeton Way
Columbia, MD 21044
410-313-7213**

Center Email
bain50@howardcountymd.gov

Center Hours
Monday - Friday
8:30 am - 4:30 pm

Fitness Center Hours
8:30 am - 4:30 pm

50 + Hotline 410-313-5400

Newsletters Online
[www.howardcountymd.gov/
50pluscenters](http://www.howardcountymd.gov/50pluscenters)

Volunteer Website
www.hocovolunteer.org

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Howard County
 **50+ CENTERS**
Enrichment. Engagement. Connection. Growth.

Welcome back! The 50+ Centers will resume in-person programming and classes starting Tuesday, February 1.

- ◆ Most 50+ Center group programs, classes, events and drop-in activities will resume. Feel free to call the center to check the status of a specific program or to withdraw from a class.
- ◆ The Connections Social Day Program at Ellicott City will resume effective Tuesday, February 1, 2022.

The indoor mask mandate remains in effect for all Howard County buildings and facilities. Stay COVID safe: get vaccinated, wear a mask, keep your distance, wash your hands, and get tested.



GENERAL INFORMATION

50 +Center Staff

Linda Jackson Ethridge, Director
lethridge@howardcountymd.gov
(410) 313-7468

Tammy Wiggins, Assistant Director
twiggins@howardcountymd.gov
(410) 313-7469

Dawn Perez, Registrar
daperez@howardcountymd.gov
(410) 313-7213

Michelle Rosenfeld, Fitness Coordinator
mrosenfeld@howardcountymd.gov
(410) 313-7394

Elaine Widom, SeniorsTogether
ewidom@howardcountymd.gov
(410) 313-7353

SHIP-STATE HEALTH INSURANCE ASSISTANCE PROGRAM

By Appointment (410) 313-7392

MARYLAND ACCESS POINT

By Appointment (410) 313-1234

INCLEMENT WEATHER PROGRAM LINE

410-313-7777

Bain 50+ Center Council

President: Frances Beckman Martiny
Vice President: Iantha Tucker
Secretary: Vacant
Treasurer: Frances Beckman Martiny

Members:
Athena Dalrymple
Susan Elbanna
Annie Foster
Doretha Gay
Willis Gay
Shirley Williams
Peter Eisenhut
Valerie Hoelz

The Bain Council is seeking applicants to serve on the Council. If you are interested please send an email to Bain.Council.Comm@gmail.com

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-7213 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

Newsletter by Email

Would you like your newsletter delivered to your inbox? Just click link below.

[CONSTANT CONTACT SIGN UP](#)

ADJUSTED HOURS OR CENTER CLOSURES

Monday, February 21 Presidents' Day

Note: Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

GENERAL INFORMATION

Howard County 50+ Center Participation Guidelines

Anyone 50 years or older is welcome to join the Bain 50+ Center activities. In order to ensure a healthy and safe environment for all participants, there are a few simple guidelines to ensure that all members' rights and needs are respected.

- ◆ Members must be independent and be able to navigate the Center. Those who need assistance must have a qualified companion or aid with them.
- ◆ Members must be able to function in the Center without one-to-one assistance or supervision from staff.
- ◆ Members should not use language or behavior that is obscene, abusive, loud or insulting. They should not harass or discriminate based on race, sex, age, national origin, religion, disability or sexual orientation.
- ◆ Members must maintain personal hygiene standards.

To obtain a full list of guidelines, please request a copy at the front desk.

Inclement Weather Policy

For the operating status of the Center, call the inclement weather status line at 410-313-7777, visit the County website or call the Center Front Desk at 410-313-7213.

If Howard County Public Schools are delayed or closed:

1-hour delay - Center will strive to open at 9:30 am

2-hour delay - Center will strive to open at 10:30 am. All classes & programs before 11 am are canceled.

Closed - Center will strive to open at 10:30 am. All classes and programs are canceled. Status Line will be updated at 7 am, 12 pm and 3 pm.

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to online registration, please check with the Front Desk to assure that your membership is current. **Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.**

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated.

Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. Account must be established prior to registering for class.

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

FEBRUARY AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10 MAP 10 Barre Class \$ 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	2 9:30 Bingo 10 Massage \$ 11 Yoga \$ 11 Poker 11:30 Wii Bowling 1 Mahjongg	3 10 Massage \$ 10 Artful Journaling \$ 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance \$	4 9:30 Chair Yoga \$ 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
7 9 Project Linus 10 Knitting 11 Poker 1 Canasta 1 KASA Line Dance 2 KASA Bingo 2:15 Yoga \$	8 10 MAP 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	9 9:30 Bingo 9:30 Wii Bowling 10 Massage \$ 11 Yoga \$ 12 Poker 1 Mahjongg	10 10 Massage \$ 10 Artful Journaling \$ 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance \$	11 9:30 Chair Yoga \$ 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
14 9 Project Linus 10 Knitting 11 Poker 1 Canasta 1 KASA Line Dance 2 KASA Bingo 2:15 Yoga \$	15 10 MAP 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	16 9:30 Bingo 9:30 Wii Bowling 10 Massage \$ 11 Yoga \$ 11 Poker 1 Mahjongg	17 10 Massage \$ 10 Artful Journaling \$ 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance \$	18 9:30 Chair Yoga \$ 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
21 CLOSED PRESIDENTS' DAY	22 10 MAP 10:15 Low Vision Group 10:30 Reiki \$ 11 Tap Dance 12 Seated Tai Chi \$ 12 Duplicate Bridge	23 9:30 Bingo 9:30 Wii Bowling 10 Massage \$ 11 Yoga \$ 11 Poker 1 Mahjongg	24 10 Massage \$ 10 Artful Journaling \$ 12 Brain Teasers 1 Mahjongg 2 Soul Line Dance \$	25 9:30 Chair Yoga \$ 10 Knitting 10 Trenders 11 Balance 4 All \$ 11 Poker 12 Cards & Games 1 Line Dance
28 9 Project Linus 10 Knitting 11 Poker 1 Canasta 1 KASA Line Dance 2 KASA Bingo 2:15 Yoga \$				Please Note: \$ Fee program The Fitness Center and Billiard's Room Hours are Mon.-Fri. 8:30 am-4 pm Woodshop Hours are 8:30 am -12:30 pm

ONGOING PROGRAMS



Low Vision Support Groups

Tuesdays

10:15 am

Ongoing support for those with low vision; explore options, share ideas and learn new ways to maintain independence.

Brain Teasers

Thursdays

12:30 pm

Challenge your mind, strengthen your memory using games, puzzles and other activities.

Trenders

Fridays

10 am

A lively, open-minded discussion group with a loosely structured agenda.

Knitting & Crocheting

Mondays, 10 am - 12 noon

Fridays 10-11:30 am

Knitters, crocheters, fabric crafters and others join together to share their talents. Drop in for this fun and ageless group to happily share fellowship and conversation.

RED HATTERS

Meets the 3rd Tuesday every month.

10 am

The Red Hatters are a playgroup created to connect like-minded women, make new friends and enrich lives through the power of fun and friendship!

Contact Ginny Russ at 301-325-5173 for Red Hatters information.

Better Breathers Pulmonary Support Group Meets the 3rd Tuesday Monthly

Tuesday, February 15

2:30-3:30 pm

This group is open to those with pulmonary conditions and their care partners.

The Bain Book Club

Meets 3rd Wednesday of the Month

10-11:30 am / Free

Next Meeting will take place on February 16th. Please call the center for additional information.

Essential Touch Massage Therapy

Wednesdays & Thursdays

10 am- 1 pm

Cost: \$68

60 minutes

Indulge yourself with a therapeutic massage designed especially for your needs. Massage Therapist, Felicia Tenny, RN, LMT will relax your muscles, decrease aches and pains, and promote the circulation of blood and lymph system. By appointment only 410-313-7213.

Reiki

Tuesdays

10:30 am –1 pm

\$30 per 30 minute session.

A gentle, kind energy, that promotes relaxation, peace, and helps reduce pain. **Sharon Burns RN, BSN, MA.** Register in advance.



ONGOING PROGRAMS

Korean American Senior Association (KASA)

Mondays

Line Dance 1-2 pm
Yoga and Bingo 2-3 pm

Poker

Mondays, Wednesdays, Fridays
11 am-4 pm

Canasta

Mondays, 1-4 pm
Canasta is a card game of the rummy family of games believed to be a variant of 500 Rum. New players and beginners are always welcome.

Bridge (Duplicate)

Tuesdays, 12-4 pm

Mah Jongg

Wednesdays & Thursdays 1-3:30 pm

Class is designed for anyone who wishes to play. No Mah Jongg set or cards required.

Bingo

Wednesdays, 9:30-11:30 am

Open Cards & Games

Fridays, 12-4 pm

Maryland Access Point Services (MAP)

8:30 am-4 pm
Minjung Engle, Resource Specialist with the Howard County Office on Aging and Independence will be available by appointment. She can assist in navigating services and identify resources. To make an appointment to meet with Minjung Engle in person at Bain, please call her at 410-313-6538.

Nutrition Consultation

Tuesday, February 8

9-11 am

Registered Dietitian, Carmen Roberts, is available for nutrition consultations for members 60+. During this 30-minute session, she can answer questions about diet, nutrition, and the impact of food on your health.

Register using the ActiveNet link:

https://anc.apm.activecommunities.com/howardcounty/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=virtual%20Nutrition&viewMode=list

HCC Bain Senior Choir

Wednesdays, 9:30– 11:00 am

Members of the choir pay no tuition; the only charge is HCC's Consolidated Fee, which is \$28.34 for Maryland residents.

Trivia Time

Last Friday of the Month

10:30-11:30 am

Show us what you know during this entertaining and informative hour of trivia fun. Question categories range from sports and entertainment to geography and more. Join Dave Baker in the Bain Lobby and help your team compete for bragging rights.

Project Linus

Meets the 2nd & 4th Monday

9-11:30 am

Project Linus is comprised of hundreds of local chapters and thousands of volunteers across the United States, and includes our chapter at Bain. Volunteers work together to provide love, a sense of security, warmth and comfort to children who are ill, or are in need with the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers."

EVENTS & PROGRAMS

AARP Tax Preparations - FREE

Feb 1—April 15

9 am– 2 pm

AARP and the IRS are sponsoring free personal Federal and Maryland Income tax Preparation. Appointments will be held at the Bain 50+ Center on Monday, Tuesday, Wednesday, and Friday. This service is by appointment only.

All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with Special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service.

Each appointment is for one single or joint return.

- ◆ Bring Social Security cards for anyone listed on your return.
- ◆ Bring 2020 state and federal tax returns.
- ◆ Bring 2021 tax records with you.
- ◆ If you had investment transactions during 2021, be sure to bring the purchase cost for those transactions.

To set up a tax appointment, please call 443-741-1220. You will need to leave a message, include your name, telephone number and specify the location where you would like to have your appointment. A scheduler will call you back to confirm the date and time.

For those who would like to schedule an appointment on-line, Google **AARP Tax Aide Locator**. For all other tax questions, call AARP directly at **888-227-7669**.

APPOINTMENTS ARE NOT SCHEDULED BY CENTER STAFF AND TAX PREPARERS ARE NOT AVAILABLE TO ANSWER PHONE INQUIRES.

Weekly Computer/Phone Clinic Wednesdays, 1pm –3:30pm/Free

Have a problem with your iPhone or iPad or want to learn how to better use its many features? Need help with your laptop or desktop computer? Call and sign up for a one-on-one, 30 minute appointment.

EXERCISE & FITNESS

Tuesday, February 15

11:30am

Want to get started with exercise but don't know where to begin? Looking for one-on-one exercise programming to help you become

the healthiest version of you? Personal Training is coming to the Bain Center in January 2022. Join **Certified Personal Trainer, Doreen Sheppard**, as she explains the benefits of personal training and what to expect during your sessions and/or initial assessment. Advanced sign-up is required.



Wii Bowling

Wednesday, February 23

11:30 am

Wii bowling combines fun and fitness into one product. It may change how you view exercise. Come out and show off your bowling skills and have some fun. Sign-up in the lobby



EXERCISE & FITNESS

Bain Walking Club-Fridays at 12 pm Moved Indoors for the Winter



Tap Dancing Class-Tuesdays at 11 am



NEW BARRE CLASS– Register Now



Tuesday, March 15
Free Demo
Please bring a yoga mat.

Arthritis Foundation Exercise

January 4-March 15 #A01404.600
Tuesdays & Thursdays 1-2 pm Cost: \$70

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range of motion exercises that are suitable for every fitness level and ability. Led by trained program leader, Pam Beck. Suitable for participants diagnosed with arthritis. Registration required. For more information contact mburgess@howardcountymd.gov or call 410.313.5440 to register.

Better Balance

January 3-March 16 #A01445.600
Mondays and Wednesdays
1-2 pm Cost: \$64

Better Balance is a great fit for someone looking to improve their balance and mobility. This class has been proven effective for people with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, bar, and seated exercise. A pre-screening is required before enrolling. Those 60 and older pay a suggested donation. Age 59 and younger, pay full fee of the class.

Age Well

January 3– March 16 #A01201.600
Mondays & Wednesdays
12-12:50 pm Cost: \$64

Practice basic aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training. Conclude with stretching to help you feel your best. Classes are conducted in the Bain 50+ Center and are co-sponsored by Howard County General Hospital.

EXERCISE & FITNESS

Yoga

Mondays, 2:15–3:15 pm #A01441.600
January 3–March 14
Cost: \$48

Wednesdays, 11 am–12 noon #A01440.600
January 5–March 16
Cost: \$59

Join Certified Yoga instructor, **Mary Garratt**, and learn the techniques that promote good health and strength.



Chair Yoga

Thursdays, 10–11 am #A01425.600
January 6–March 17
Cost: \$59

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair. Join Certified instructor, **Connie Bowman** and promote your improved mobility.

Beginner Soul Line Dance

Thursdays, 2–3 pm #A01419.601
February 3–24
Cost: \$23

Join **Jessie Barnes**, our “seasoned” Dance Instructor who teaches throughout Central Maryland. Learn beginners’ line dance steps and get fit at the same time.

Seated Tai Chi

Tuesdays, 12–12:50 pm
January 4 –March 15

Cost: \$59 #A01415.600



Join Instructor, **Charles Toth** for this seated class. It will introduce participants to the Chinese exercise forms of Tai Chi & Qi Gong.

Easy-to-follow movements will improve your body awareness, strengthen your joints and muscles, and help you develop a state of mental quietness and relaxation. Please bring water.

Balance-4-All

Fridays, 11 –11:40 am
Jan 7 – Friday, March 18

Cost: \$59 A01424.600



This class combines a perfect blend of balance, flexibility, posture, strength, & agility. With the use of light dumbbells and a chair, you will work your way to being better equipped to perform routine activities of daily living (ADL) and decrease your risk of falling. **Instructor: Courtney Bracey**

50+ Fitness CENTER

The Bain 50+ Fitness Center is available to help put you on the path to lifelong fitness.

- ◆ Participants must be 50 years of age and a member of a Howard County 50+ Center.
- ◆ Passes are established from the date of purchase.
- ◆ Refunds are not provided.
- ◆ Equipment Orientation may be viewed at:
Equipment Video

<https://www.youtube.com/watch?v=8KyvEPCNJZ8>

Equipment Overview

Wednesdays: February 16

11 am

Want to learn how to use our state-of-the-art new Fitness Center equipment? Join 50+ Fitness Coordinator, Michelle Rosenfeld, for an orientation. She will demonstrate how to properly adjust and use each piece of equipment. To register call the front desk at 410-313-7213.



Personal Training –Tuesdays 11:30 am—2 pm

Looking for one-on-one inspiration or a work-out tailored to fit your needs? See a flier for complete details on this service.

Half hour session = \$45

Package of 4 Half hour sessions = \$160

Package of 8 Half hour sessions = \$299

The **Fitness Equipment Room** is open for drop-in use during the open hours noted above. Please use gym courtesy and give everyone a chance to experience a good work-out. During busy hours, limit your time to 20 minutes on cardio equipment. If the equipment you would like to use is occupied, please make the current user(s) aware that you are waiting for them to finish. Please refrain taking calls while working out and wipe down equipment after use. Your cooperation is appreciated.



\$75/year County Resident

\$100/year Non-Resident

\$5/daily Drop-in Fee

This package is offered in collaboration with Recreation and Parks and provides more locations for your 50+ work-out. It includes unlimited use of fitness equipment rooms at:

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044
Mon-Fri 8:30 am-4 pm

Elkridge 50+ Center

6540 Washington Blvd, Elkridge 21075
Mon-Fri 8:30 am-4 pm

Ellicott City 50+ Fitness Center

9411 Frederick Rd, Ellicott City 21042
Mon-Fri 8:30 am-4 pm

Gary J. Arthur Community Center

2400 Rte 97, Cooksville 21723
Mon-Sat 7 am-9 pm & Sun 9 am-6 pm

North Laurel Community Center

9411 Whiskey Bottom Rd, Laurel 20723
Mon-Sat 8 am-9 pm & Sun 9 am-6 pm

Roger Carter Community Center

3000 Milltowne Dr, Ellicott City 21043
Mon-Friday 6 am-10 pm
Sat 7 am-10 pm & Sun 7 am-9 pm